



January-February 2010

# Murray Parks and Recreation

## MURRAY ART BEAT



Grant Elementary ..... 801-264-7416

Heritage Center (Senior Programming) ..... 801-264-2635

Hillcrest Jr. High ..... 801-264-7442

Horizon Elementary .... 801-264-7420

Liberty Elementary ..... 801-264-7424

Longview Elementary .. 801-264-7428

Ken Price Ball Park. .... 801-262-8282

Miss Murray Pageant (Leesa Lloyd) ..... 801-446-9233

McMillan Elementary .. 801-264-7430

Murray Area Chamber of Commerce. .... 801-263-2632

Murray Arts Advisory Board (Mary Ann Kirk) ..... 801-264-2614

Murray Boys & Girls Club ..... 801-268-1335

Murray City Cemetery .. 801-264-2637

Murray Community Education..... 801-264-7414

Murray High School .... 801-264-7460

Murray Museum. .... 801-264-2589

Murray Parks and Recreation Office .... 801-264-2614

Murray Parkway Golf Course ..... 801-262-4653

Murray Park Aquatics Pool ..... 801-266-9321

Mick Riley Golf Course (SL County) ..... 801-266-8185

Parkside Elementary. .... 801-264-7434

Riverview Jr. High ..... 801-264-7446

Salt Lake County Parks and Recreation ..... 801-468-2560

Salt Lake County Ice Center..... 801-270-7280

The Park Center ..... 801-284-4200

Viewmont Elementary .. 801-264-7438

**Performance Applications** for the 2010 daytime summer concerts are due January 19. Those interested in performing should bring a bio and a demo tape to the Murray Parks Office or mail to Murray Arts, 5025 South State, Murray, Utah 84107.

**The Murray City annual literary competition** will include youth and adult divisions in the categories of short story, biographies or historic fiction and non-fiction, children's lit, poetry, and novel. Limited to Murray residents, entries are due February 16, 2010 at the Murray Parks Office. Grand Prize winner receives a scholarship or \$100 cash. For list of rules/entry forms, phone 801-264-2614 or visit our website at [www.murray.utah.gov](http://www.murray.utah.gov) to download the form.

### Upcoming performances:

January 13-14	Broadway Review, MHS, 7 p.m., Tickets \$3
January 18	Martin Luther King Concert, MHS, 7 p.m., Free
January 23	Murray Symphony Jazz and Swing Band, Riverview Jr High, 7:30 p.m., Tickets \$6
February 6	Murray Concert Band, MHS, 7:30 p.m., Free
February 17	Utah Choral Artists, Community Choral Festival, MHS, 7 p.m., Free
March 4-8	<i>Up the Downstairs Case</i> , MHS, 7 p.m., Tickets \$6



### Utah Jazz Fun Shot

Fun Shot is an individual basketball skills competition which involves shooting baskets from five separate spots on the basketball court, during a series of one-minute time periods, testing the athlete's speed, shooting ability, dribbling skills and rebounding. It is free of charge and sponsored by the Utah Jazz. Participant categories for boys and girls grades 5 - 12. Murray's local Fun Shot competition will be held Saturday, January 23, 2010 at Murray High School's Auxiliary gym from 9 a.m. to noon. Call Murray Parks & Recreation for more information at 801-264-2614 and give it your best shot!

### Martin Luther King Day Celebration

Join the Murray High School A'Capella Choir as they pay a musical tribute to Dr. Martin Luther King on Monday, January 18 at the Murray High School auditorium at 7 p.m.

### Women's All Nighter Volleyball tournament

This tournament is for "A" and "B" level teams. Capt. Meeting 5:30 p.m.  
 Date: Friday, Feb 12, 2010  
 Place: Park Center in Murray  
 Cost: \$150 per team  
 Deadline: 2/9/2010



## RECREATION

### Murray Snowman Softball Classic

Play in the 1<sup>st</sup> annual Men's Snowman Classic with snow on the ground. Get the softball season starter early. Space limited to the first 8 teams. Double Elimination Tournament.

Dates:	February 19 & 20
Cost:	\$150
Deadline:	First eight teams to sign up or Wednesday, February 10, 2010
Awards:	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place teams



### Adult Dodgeball League

Murray Parks and Recreation is now taking Registrations for Adult Dodgeball. This program is Coed and is played for fun, Competitive or social Adults 18 years of age and older. We offer a competitive A Division or Recreational B Division.

Dates:	January 30 to March 27
Days:	Saturdays
Times:	3:30 to 6:30 p.m.
Place:	Hillcrest Jr. High (126 E. 5300 S.)
Cost:	\$20 per player
Deadline:	Friday, January 15, 2010

Teams will consist of 6-10 people. We provide t-shirts. You can come in with a performed team or we will create teams from Individuals who sign up. Game rules will be provided at a Team Captain meeting on Thursday, January 21 @ 6:00 pm at the Murray Parks and Recreation Office in Murray Park. Sign up now for this incredible league.

**Paid for by the  
Murray Parks and Recreation**





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# RECREATION continued

## Join the Park Center's American Red Cross Swimming & Water Safety program!

Our goal is to teach children safe practices and swimming skills in, on and around water while having fun. All lessons are taught by certified Water Safety Instructors and include eight forty minute lessons. In order to improve the quality and effectiveness of Swim Lessons children should be registered for the appropriate level according to their swimming skills.

### Tuesday & Thursday Evenings

#### Session Dates

1 January 5 – 28

(Registration Dates: December 18- Deadline: January 2)

2 February 2 – 25

(Registration Dates: January 22- Deadline: January 30)

### Saturday Mornings

#### Session Dates

A January 9 – February 27

(Registration Dates: December 7- Deadline: January 6)

## Swim Lesson Level Chart

### Aqua Tots (Ages 6 months-4 years)

Aqua Tots: Water exploration with a parent/guardian accompanying child in the water; No experience necessary

### Preschool (Ages 3-4 years)

Preschool 1: Hesitant to put face in water; No water experience necessary.

Preschool 2: Comfortable in the water; Can put face in water; Bob 3 times at chin level with no support; Enter water without help; Float on Front and/or back supported for 3 seconds

Preschool 3: Can submerge under water; Float on front 5 seconds with assistance; Float on back 5 seconds with assistance; Swim using a combination of arm and leg actions for 3 body lengths on front; Roll from front to back and back to front.

### Beginning (Ages 5-12 years)

Level 1: Hesitant to put face in water; No water experience.

Level 2: Can move 5 yards; Bob 5 times chin level and safely exit the water; Float on front with support 3 seconds roll to back (with assistance) and float on back with support for 3 seconds.

Level 3: Front float for 5 seconds, back float for 5 seconds;

Swim using a combination of arm and leg actions for 15 feet on the front; Roll from front to back and back to front; Continue swimming after rolling.

### Advanced (Ages 5-12 years)

Level 4: Jump into deep water; Swim front crawl for 15 yards with side-breathing; Tread for 30 seconds; Swim elementary backstroke 15 yards.

Level 5: Swim front crawl 25 yards; Change direction while swimming; Swim elementary backstroke for 25 yards; Swim breaststroke for 15 yards, swim back crawl for 15 yards

\*\* After completing Level 5, Pre-Comp is the next class to register for.

### Master Swim

Master Swim is a coach directed lap swimming practice session designed for those individuals looking for a group training atmosphere. Perfect for building endurance as well as stroke perfection. All practices are run by an on-deck coach.

Practices are designed to fit the different needs of each individual. Practices are on Monday and Wednesday 6:30 – 7:30 p.m.

## American Red Cross Waterpark Lifeguarding Winter 2010 Courses

Classes fill quickly-reserve your spot today!

**Class A** Pre-Test: Monday, January 25 4:30-5:30 PM\*

Days: Monday, Wednesday and Saturday

Dates: January 25, 27, 30, February 1, 3, 8, 10

Times: Weekdays 4:30 PM-8:30 PM

Saturday, January 30, 9 a.m.-4 p.m.

**Class B** Pre-Test: Thursday, Feb. 11 4:30-5:30 PM\*

Days: Tuesday, Thursday and Saturday

Dates: February 11, 13, 16, 18, 23, 25, March 2

Times: Weekdays 4:30 p.m.-8:30 p.m.

Saturday, February 13, 9 a.m.-4 p.m.

**Class C** Pre-Test: Thursday, March 4 4:30-5:30 PM\*

Days: Tuesday, Thursday and Saturday

Dates: March 4, 6, 9, 11, 16, 18, 23

Times: Weekdays 4:30 PM-8:30 PM

Saturday, March 6 9:00 AM-4:00 PM

**Class D** Pre-Test: Monday, March 29 12:00-1:00 PM\*

Days: Monday through Friday (SPRING BREAK)

Dates: March 29, 30, 31, April 1, 2

Times: Every Day (with 1 Hour Lunch) 11:30 a.m.-6:30 p.m.

### Cost:

\$20.00 Non-refundable Deposit and

\$120.00 Resident/\$125 Non-Resident

due by 1<sup>st</sup> day of class\*

Includes: Books, Materials, and Waterpark Lifeguard Certification (upon successful completion)

### \*Pre-Requisites:

Must be 15 years of age by the end of the class and pass pre-test (300 yard continuous swim, 20 yard timed brick swim)

Class size is limited-reserve your spot early! Minimum of 6 people required to run class.

100% attendance is required for certification



## American Red Cross Water Safety Instructor Winter 2010 Courses

Classes fill quickly-reserve your spot today!

**Class A** Pre-Test: Tuesday, January 19 4:30-5:30 p.m.\*

Days: Tuesday and Thursday

Dates: January 19-February 16

Times: 4:30 p.m-8:30 p.m.

**Class B** Pre-Test: Monday, Feb. 22 4:30-5:30 p.m.\*

Days: Monday and Wednesday

Dates: February 22-March 17

Times: 4:30 p.m-8:30 p.m.

**Class C** Pre-Test: Tuesday, April 6 4:30-5:30 p.m.\*

Days: Tuesday and Thursday

Dates: April 6-April 29

Times: 4:30 p.m-8:30 p.m.

**Class D** Pre-Test: Tuesday, May 4 4:30-5:30 p.m.\*

Days: Tuesday and Thursday

Dates: May 4-May 27

Times: 4:30 p.m-8:30 p.m.

### Cost:

\$20.00 Non-refundable Deposit and

\$135.00 Resident/\$140 Non-Resident

due by 1<sup>st</sup> day of class\*

Includes: Books, Materials, and

Waterpark Lifeguard Certification

(upon successful completion)

### Pre-Requisites:

Must be 15 years of age by the end

of the class and pass pre-test (300 yard continuous swim, 20 yard timed brick swim)

Class size is limited-reserve your spot early! Minimum of 6 people required to run class.

100% attendance is required for certification

### \*Pre-Requisites:

Must be 15 years of age by the end

of the class and pass pre-test (300 yard







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## RECREATION continued

### High School Dodgeball League

Murray Parks and Recreation is now taking Registrations for High School Dodgeball. This program is Coed and is played by high school aged students for fun, fitness, in a competitive and social environment.

Dates: January 27 to March 24  
Days: Wednesday  
Times: 6 p.m. to 10 p.m.  
Place: Riverview Jr. High (751 W. Tripp Lane )  
Grades: 10-12  
Cost: \$20 per player  
Deadline: Friday, January 15, 2010

Teams will consist of 6-10 people. We provide t-shirts. Game rules will be provided at a Team Captain meeting on Thursday, January 21 at 7 p.m. at the Murray Parks and Recreation Office in Murray Park. This league will use Foam Skinned Rhino Covered Anti string balls to prevent injuries. Sign up now for this incredible league.

### Adult Spring Softball Leagues

Play Adult softball this coming spring. USSSA Certified D leagues. Murray City Provides the softballs. Teams from last year get first priority for entrance into the league.

Dates: Monday Coed Softball April 5  
Tuesday Coed Softball April 6  
Thursday Men's Softball April 7  
Place: Murray Park Softball Field  
Cost: \$450  
Deadline: Wednesday, March 17, 2010  
Register: Murray Parks and Recreation office in Murray Park

### 37<sup>th</sup> Annual Murray High Alumni Basketball Tournament

Get your classmates together from Murray High and form your Alumni Team. This tournament is the oldest of its kind in the entire United States. Teams can merge if not enough classmates that want to play. Each team is guaranteed three games. Pool play with winners advancing to the championship tournament. You must be a Murray High School Alumni.

Dates: March 15-20  
Place: Murray High School  
Cost: \$130 per team  
Deadline: Friday, March 5, 2010  
Register: Murray Parks and Recreation Office in Murray Park.

### Jr. REAL Spring Soccer

Soccer is the #1 sport in the world and one in which everyone can participate. Again, this Spring we will play in the Salt Lake REAL Junior program. All participants will receive a ticket to a game. Separate divisions for boys and girls 1-2 grades; K-6th is recreational, grades 7-9 play competitive soccer (Some teams may be coed). This year Teams will play 10 games and have weekly practices. All games are played on short fields with short-side teams increase individual playing skills. Games played on Thursday evenings and Saturday mornings.

Dates: April 17 to May 20  
Days: Thursday Nights (5-8 p.m.)  
Saturdays Mornings (9 a.m. to 12 p.m.)  
Grades: Boys and Girls grades Recreational K, 1-2, 3-4, 5-6, Competitive 7-9  
Cost: \$40 Residents, \$50 Non-residents  
\$5 Late Fee after the deadline  
Deadline: Wednesday, March 17, 2010  
Register: Murray Parks and Recreation Office, The Park Center

## What's missing from your winter workout???

### ..... Results driven by science!

**ATTENTION all Runners, Cyclists, Triathletes,**

**The Park Center is now offering an ENDURANCE CAMP just for you!**

The training camps will be the first of their kind in a broad collaborative effort with sports specific professionals and the Utah community. The camps are geared for participants from novice to elite who are interested in improving their fitness and performance by taking advantage of the best knowledge and expertise the industry has to offer. **Camps begin January 18 and will run for 14 weeks** at indoor facilities located from Logan to St. George. The Wasatch front camp will be held at The Park Center in Murray, located in Murray Park.

Camp participants receive sport specific training and education using scientific testing and analysis in a program designed specifically for them with the key elements for endurance training. Features include strength training, nutritional clinics, sports psychology, injury prevention, physiology education and training principles. We will offer everything you need to train injury free and prepare you for your best season yet.

### PROGRAM DESIGN

- Complete workout design
- Strength and conditioning program
- Flexibility training
- Weekly group classes
- Optional outdoor riding skills classes

### SCIENTIFIC ANALYSIS

- Body composition analysis
- Estimated caloric expenditure
- Fitness/performance analysis
- VO2 analysis to determine VT
- Training zones

### EDUCATION

- Injury prevention
- Physiological parameters of program design
- Nutrition, general and sport specific
- Sport psychology
- Q& A session with leading experts in the community

### FOR ADDITIONAL INFORMATION OR TO REGISTER

Contact Nate Thomas  
801-232-0497 Cell, 801-302-9549 Office  
[nate@hakenya.com](mailto:nate@hakenya.com)

## Get On The Ball in 2010

### THREE WEEKS TO BETTER BALANCE AND A STRONGER CORE



After the ball drops in Times Square, let's kick off the New Year "on the ball". Join me for three consecutive Friday evening workouts using the stability ball. I'll even send you home with your own ball if you don't already have one! In three weeks, you will have better balance, a stronger core, better posture and leaner, stronger legs.

Friday January 8 6-7:30 p.m.

Friday January 15, 6-7:30 p.m.

Friday January 22, 6-7:30 p.m.

Cost \$79 (includes ball) \$59 without ball for all three weeks (individual class \$25)

Murray Park Center, 202 E. Murray Park Ave.

Contact Denise Druce at 801.580.3871 for more information, or to register for this fun class series  
DENISE DRUCE





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# The Heritage Center 801-264-2635 • #10 East 6150 South

*The Heritage Center, a recreational facility for persons 55+, is at 10 East 6150, Murray. The center is open Monday through Friday 8 a.m. to 4:30 p.m. and Thursday evenings until 10 p.m. Monthly newsletters are available at the center or on line at [www.murray.utah.gov](http://www.murray.utah.gov) detailing information on classes and services offered.*

## LUNCH

Lunch is served Monday-Friday at noon. Reservations are necessary and must be made no later than 12:30 p.m. the day prior. Cost is \$3. A take out meal is available for \$3.50. The salad bar is available 11:30-12:15 p.m. Cost is \$1.50 for a small salad and \$3 for a large salad. In addition to the salad bar, soup is available during the fall and winter months for \$2 a bowl. No reservation needed for the salad bar or soup.

## HEALTH SERVICES

**Blood Pressure/Glucose Checks** every Thursday from 10 to 11:45 a.m.

**Massage Therapy** every Friday from 8:15 a.m. to 1 p.m. Appointments are required. Cost is \$8 for 15 minutes, \$16 for 30 minutes, and \$36 for one hour.

**Balance & Fall Prevention**- Wednesday, Jan 20 10:30 a.m. Dignity Home Health will teach participants how to avoid falls with exercise that will strengthen muscles. This class is free.

**Heart Disease & Stroke**- Wednesday, Jan 27 11 a.m. Start preventing heart disease by attending a special presentation by Dr. Frank Yanowitz. No reservation necessary.

**Diabetes & Your Feet**- Friday, Jan. 29-11:00 am. The Center is offering an informative class about the effects diabetes can have on your feet. This class is free, no registration required.

**Skin Cancer Screening**- Thursday, Feb 4, 10-12 a.m. Dr. Rolfe Horsley from IHC will be at the Center to do Skin Cancer screening. Appointments are required, and can be made starting Jan 21. This is a free screening.

**PVD Screening**- (Peripheral Vascular Disease) Tuesday, February 16, 9-12. Salt Lake County Aging Services will offer screening for PVD. Appointments are required starting Feb 2.

**Blood Testing** - Thursday, Feb 18, from 9-11:00 AM by appointment. Sign up begins Feb 4. For \$35 testing includes a Comprehensive Metabolic Panel, a Lipid Profile, and a Complete Blood Count.

## CLASSES

Call the Center for more information.

**Computer Classes**: Basic I, II, Internet, E-mail, Music, Facebook.

**Ceramics**: Instruction Mondays, Tuesdays, and Thursdays 8:30-noon. Fee \$1 per class. Greenware and supplies available for purchase.

**Crafts Group**: Tuesdays at 12:45.

**Weight Watchers**: Thursdays 5 p.m. Membership required. Call for information on starting.

**Conversational Spanish**: Friday, new 6 week session begins Jan 8, 9-10:30 a.m. Advanced registration required. Cost is \$25 plus \$10 for the cost of your book. You may purchase book at the front desk.

**Manicures**: Monday, Jan 11 & 25 9-Noon by appointment. Cost \$7 due when signing up.

**Painting Class**: New Six week session Tuesday, beginning Jan 12 from 9 a.m. to noon. Both water colors and oils taught. Instructor is Sophia Esterman. Cost is \$30.

**Let's Talk** book discussion group, Wednesday, January 20 at 1 p.m. Books available for checkout at the Center.

## TRIPS

Pre-Registration required for all trips. You may register yourself and one other person for trips. Space is limited. One week cancellation notice required for full refund. Kingsbury Hall- Peking Acrobats, Friday, Feb 5 The Center bus will depart at 9 a.m. for the 10 a.m. performance. Space is limited to 20. The cost is \$3 sign up begins Jan 11. **Wendover & Rainbow Casino**, Tuesday, Jan 12 @ 8:30 a.m. Cost is \$15.

**Artrageous Tuesdays- Middle East Exploration**, Tuesday, Jan 19 The Center bus will depart at 9 a.m. for this 9:30 show to the Utah Cultural Celebration Center in West Valley City. Cost is \$3.

**Hardware Ranch**, Monday, Jan 25 The Center bus will depart at 9:30 and return around 4 p.m. Cost is \$15 which includes transportation, sleigh ride, and lunch. Space is limited to 20. Sign up begins Jan 4.

**Artrageous Tuesdays- Having Your Say**, Tuesday, Feb 2. The center bus will travel to the Grand Theatre for this stage presentation celebrating Black History Month. Cost is \$3 and center bus leaves at 9:00 for this special presentation.

## SERVICES

**Transportation**: The Center's bus runs on Wednesday and Friday for Murray residents. Cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application.

## DANCE

**Social Dance**: Thursdays- 7-10 p.m. Music by Tony Summerhays. Cost \$4 per person.

**Line Dancing**: Tuesdays - Advanced @ 10:15 and Beginners @ 2 p.m. \$1.50 per class.

**Square Dancing**: Thursdays- 1-2:30 p.m. \$1.50 class. Starting back Jan 14.



## EXERCISE CLASSES

**Stretch & Tone**: Tuesdays and Thursdays at 9 a.m. Fee: \$15 per month.

**NIA**: Mondays and Fridays at 9 a.m. Fee: \$20 per month.

**Strength Conditioning**: Tuesdays and Thursdays at 2 p.m. Fee: \$15 per month..

**Yoga**: Wednesdays at 10 a.m. Fee: \$10 per month.

**Tai Chi**: Tuesday and Thursdays at 10:30 a.m. Fee: \$15 a month.

**Chair A-Robics**: on Wednesdays and Fridays at 11:15 a.m. Free: donations welcome.

**Exercise Room**: Open daily with treadmills, recumbent bicycle, Elliptical, and weight equipment. Fee \$5 per month or \$1. per visit.

**Wall of Support**: Add a tile to the "Wall of Support" in the Heritage Center courtyard. Become a part of the Heritage Center...forever! Purchase a tile with your own message. Call Center for more information.

## RECREATION

**Pinochle**: Weekly tournaments on Wednesdays begin at 9:30 - 11:30 a.m. Cost \$2 per week.

**Bridge**: Chicago/Party Bridge on Wed & Fri 1-4 p.m.

**Bingo**: Wed and Friday 12:45 p.m. - 6 card limit, donations are appreciated.

**Pool/Billiards**: Open tables 8am - 4 p.m. No charge.

**Red Hatters**: Meets the 1<sup>st</sup> and 3<sup>rd</sup> Thur. of the month @ 12:45 p.m. for BONKO & Hand & Foot

**HUGS Computer Group**: 2<sup>nd</sup> Wednesday of each month at 1:30 p.m. January 13 will be the next meeting.

**Birthday Wednesday**: The first Wednesday of every month the Center celebrates participant's birthdays. If it is your birthday month, come and enter a drawing for a free Center lunch.

**Remote Control Airplane Club**: 2<sup>nd</sup> Thursday each month @ 7 p.m.

**Movies**: Every Monday at 1 p.m. Movies shown on our big screen. Call for specific titles. Free of charge.

## SPECIAL EVENTS

**Veterans Day Brunch**: Monday Nov. 9, 10:30-12 p.m. Cost: \$2 for Veterans and seniors and \$5 for those under 55. Linda Wentz will be presenting a Veterans Day program. Tickets must be purchased in advance and are on sale now.

**Pinochle Tournament**: Friday, Nov. 14, 9 a.m. A county wide open pinochle tournament will be held on Saturday, Nov. 14. Players can check in at 9 and play begins at 10. The entry fee is \$3. Come and enjoy the fun.

**Thanksgiving Dinner**: Wednesday, Nov. 18. Sharon Mitchell/Red Desert Ramble will be providing the entertainment at 11. Dinner served at noon. Cost is \$6. Tickets must be purchased in advance and are on sale now.

**Winter Boutique**: Friday, Dec. 4: 10 a.m. to 3 p.m., Continuous Entertainment, Buffet served at noon. All ages invited. Advance reservations needed for the entertainment and meal. Limited seating. Cost \$6. Holiday bingo to follow after the buffet. Sewing handmade items.

**New Year's Eve Dinner Dance**: Thursday, Dec. 31, 7:30 p.m.

Are there any special events for January/February???